

YOGA IN THE PARK FOR KIDS!

WHY YOGA FOR KIDS?

Yoga is great for kids! In addition to physical benefits such as greater flexibility and strength, it can help foster greater focus, self-awareness and self-esteem in a non-competitive environment.

These life skills are key to coping with stress as they continue to grow!

Class will meet at the Picnic Shelter at Jaycee Park.

DATES: THIS IS A 4 CLASS SERIES.
MONDAYS, APRIL 4, 11, 18, 25
2016
5:30-6:30 PM

Registration is required. To register come by the Robbins Recreation Center (512 S. Hargrave St) during business hours before April 8 at 5PM.

AGES:
4-12

INSTRUCTOR:
BRITTANY WILSON

COST:
FREE!

For more information/Para más Información:

Email: CALangleley@lexingtonnc.gov Call: 336-248-3960

